
	<p style="font-size: small;">පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව - උතුරු මැද පළාත மதகாணக கல்வித் திணைக்களம் - வட மத்திய மதகாணகம் DEPARTMENT OF EDUCATION - NORTH CENTRAL PROVINCE</p>	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Grade 10 </div>	Third Term Test - 2022	
Subject :- Health and Physical Education – I,II		
School Name : _____ Index Number : _____	Time : 3 hrs	

Part I

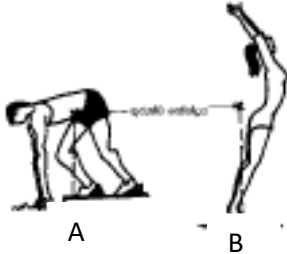
Should be considered

Answer all the questions choose from given answers

1. Danapala does his day to day affairs successfully and maintain his total health. So, what is total health?
 - I. He works with wellbeing
 - II. He is having a good time
 - III. He has physical, mental, social and spiritual wellbeing
 - IV. He has physical and mental wellbeing
2. Our behaviour and life patterns affected towards health. So what should we do to maintain total health?
 - I. Active life style and exercises
 - II. Maintain body mass index
 - III. Stress management
 - IV. All of the above
3. Select the most appropriate answer to promote health,
 - I. Community participation and Health Services are recognized
 - II. Rest and sleep
 - III. Proper nutrition and exercises
 - IV. Psychological and mental fitness
4. Childhood is divided into 5 main stages. what is the period from birth to 28 days?
 - I. Neonatal stage
 - II. Parental stage
 - III. Early childhood stage
 - IV. Infant stage
5. During the first few days after a baby is born a thick yellowish liquid is secreted along with breast milk. What is it called?
 - I. Tylen
 - II. Colostrum
 - III. Breast milk
 - IV. Chlorine
6. Nitha is a teenage girl in her early twenties. She has obtained MMR injections at the age of 15. Now she is ready to get married at the age of 22.
 What is a new type of vaccine that she can get instead of MMR for marriage?
 - I. BCG Vaccine
 - II. Rubella Vaccine
 - III. Pfizer Vaccine
 - IV. Booster Vaccine
7. The diseases covered by the vaccine she received are,
 - I. Measles, Mumps, Rubella
 - II. Measles, Chicken pox ,Rubella
 - III. Corona, Measles, Chicken pox
 - IV. Tuberculosis, Rubella, Corona

8. When getting married, a genetic disease will be caused by marriage between blood relatives, What is it?
- Rubella
 - Corona
 - Thalassemia
 - HIV AIDS

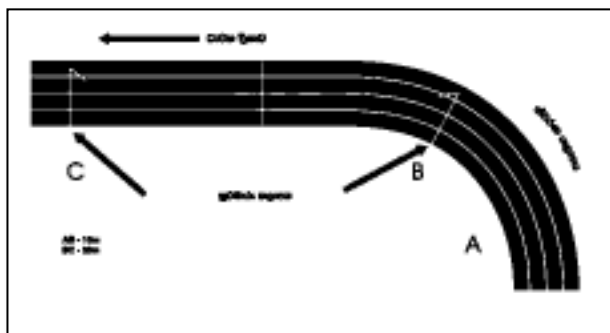
9.



- What is the correct statement regarding center of gravity above in the figure,
- Picture A is correct while picture B is wrong
 - Pictures A and B are both correct
 - Pictures A and B are both wrong
 - Picture A is wrong while picture B is correct
10. The basic bio mechanical factors involved in maintaining various postures are,
- Center of gravity and balance
 - Balance and support bottom
 - Center of gravity and effort
 - Balance and direction
11. The food pyramid is used in balanced diet planning, Where the nutrients that should be consumed in small amounts and in excess are listed respectively,
- Vitamins and Minerals Salts ,Carbohydrates, Proteins, Fat
 - Carbohydrates, Proteins, Fat, Vitamins and Minerals getting
 - Proteins, Fats, Vitamins, Carbohydrates
 - Vitamins, Carbohydrates, Minerals, Proteins
12. What happens not getting enough nutrients from food,
- Over nutrition
 - Obesity
 - Under nutrition
 - Malnutrition
13. People have to face various adverse situations due to over nutrition. What is not an adverse situation to face?
- Reduced efficiency at work
 - Exposure to infectious diseases
 - Occurred various social problems
 - Psychological issues
14. Food hygiene is the ability to get a certain type of food in the required quantity with the right quality when needed. What is the factor that affects food hygiene?
- Biological factors
 - Food availability
 - Chemical factors
 - Physical factors
15. Volleyball is the National game of Sri Lanka. Select the answer that is not a skill in this game?
- Serving
 - Receiving
 - Throwing
 - Setting



16. What does the signal mean?
 - I. Time-out
 - II. Substitution
 - III. To declare the unsuitability of play
 - IV. Delay in service
17. Physical Fitness Factors are important to maintain good Health of any person.
What is a health-related fitness factor?
 - I. Cardio vascular fitness
 - II. Aerobic Exercise
 - III. Physical wellbeing
 - IV. Muscular endurance
18. What is the amount of force that a muscle or group of muscles generation against some resistance?
 - I. Muscular endurance
 - II. Muscular Strength
 - III. Body composition
 - IV. Flexibility
19. What should he get by maintaining a correct body composition for a person.
 - I. Be efficient
 - II. Reduce risk of non-communicable diseases
 - III. Develop good physical appearance
 - IV. All of the above
20. In the classification of athletics events, select the answer that states horizontal jump, vertical jump event rules respectively,
 - I. Pole vault and triple jump
 - II. High jump and pole vault
 - III. Triple jump
 - IV. Triple jump and pole vault
21. A contestant taking unnecessary time to dress up or complete separate poses,
 - I. A foul committed at the end of the matches
 - II. A foul committed at the start of the matches
 - III. A foul committed during the matches
 - IV. A foul committed before of the matches
- 22.



Above is a diagram of a baton changing zone. What is called AB?

- I. Acceleration zone
- II. Running direction
- III. Exchanging zone
- IV. Race starting zone

23. Why is the following symbol used in the walking race?

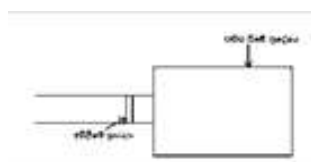
- I. Contact with ground is lost
- II. To start the race
- III. To mention the end of the race
- IV. When bending the knee



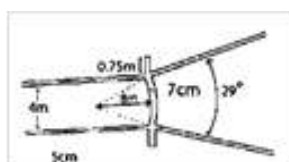
24. According to the movement of the long jumper in the air, it is divided in to several technique. What is it?

- I. Hang technique
- II. Straddle method
- III. Sail technique
- IV. Hitch-kick technique

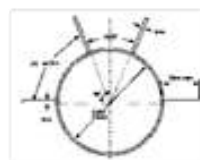
25. Kamal is a discus thrower. Where should he report to ?



A



B



C



D

- I. A
- II. B
- III. C
- IV. D

26. If Dhanushka participate for javelin throw and shot put throw events. What are the suitable playgrounds to him?

- I. A,C
- II. A,B
- III. B,D
- IV. C,D

27. Sandew participated for a field event using periobrian technical method. What is that field event?

- I. Javelin throw
- II. High jump
- III. Shot put
- IV. Discus throw

28. When was the modern Olympic game started by the Frenchman Pierre De Kubotin?

- I. 146 A.D
- II. 1896 A.D
- III. 776 A.D
- IV. 1897 B.C

29. First aid must be given with proper knowledge and which is not a quality to have in a first aid worker?

- I. Being fussy
- II. Patience
- III. Proper knowledge about first aid
- IV. Good training about first aid

30. What is the first aid method given to Hasan who was fallen by attacked with blunt weapon?
- ABCDE method
 - PHI Method
 - PRICES method
 - REST method
31. How do we introduce the mental states that make a difference internal and external functioning?
- Excitement
 - Emotions
 - Jealousy
 - Stress
32. Diseases caused by having sexual relations with an infected person are called social diseases or sexually transmitted diseases. What is not a sexually transmitted diseases?
- Gonorrhea
 - Syphilis
 - Laptophyrosia
 - Herpes
33. What is the male reproductive hormone produced by cell in the testicles?
- Estrogen
 - Testosterone
 - FSH and LH hormones
 - Progesterone
34. What is the name given to the movement of impure blood from the right ventricle of the heart to the lungs, Where the purified blood is returned to the left atrium?
- Floral Circulation
 - Constituent Circulation
 - Blood Circulation
 - Blood and Constituent Circulation
35. Among the challenges affecting health today, What problem can arise due to media influence?
- Having to change schools from time to time
 - Susceptibility to sexual transmitted diseases
 - Increase the money waste
 - More room for imitation
36. A – the clerk B – Player C – Reception officer
D – Lactating Mother E – Pregnant Mother
Who are the people need the special nourishment out of these people,
- BED
 - ABC
 - EDC
 - DBA
37. Among the mosquito borne diseases. Which mosquito species transmits dengue?
- Culex
 - AIDS Egyptian
 - Anopheles
 - Gelidus
38. What is the reason for the movements that take place in activities like fitness and gymnastics have become more attractive?
- Because only girls
 - Because it ends in a short time
 - Because movement coordination is going well
 - Because Beautiful clothes

39. A – Over training
 B – Failure to follow the rules of the game
 C – Lack of proper training
 D – Extreme heat and cold
- Among the factors mentioned above, What are the personal factors that can affect accidents in sports?
- I. D and B
 - II. A,B and C
 - III. A and C
 - IV. A and D
40. Choose the incorrect statement
- I. Taking doping drugs can cause serious long term damage to the body and loss of life
 - II. Doping brings a reputation to the players as well as the country they represent
 - III. Gains are lost due to doping
 - IV. Sports are banned for doping

Part II

01. Bandaranayaka Vidyalaya is a popular school among all schools in the province with a clean and beautiful school environment. This situation has been brought about based on the disciplinary achievements and examination results of the children of the school. Furthermore , through the co-curricular activities in the school, the leadership ability and personality qualities of the children have been developed. Furthermore , the health department regularly conducts charity programs , nutrition programs and first aid programs in the school. Awareness about contagious and non-communicable diseases with the contribution of resource persons and the community is one of the programs recently carried out.
- I. Write 02 skills related to holistic health that you think the children of this college have developed .
 - II. Write 04 nutrients found in the food eaten by the children through the existing nutrition programs in the school.
 - III. As mentioned in the incident,write two programmes organized in this school health and physical education.
 - IV. Name two resource persons who you think participated in the awareness program mentioned here.
 - V. Write 02 communicable and non-communicable diseases that you think should be known here .
 - VI. Write basic life support as explained in the first aid program.
 - VII. Write 02 leadership characteristics of the principal of this school .

- VIII. According to the incident, this school is a school with healthy children. What is holistic health?
- IX. Write 02 steps taken by those children to maintain perfect health.
- X. Write 02 points expected to of conducting a Shramadana program in the school.

02. In view of the new nutritional problems that are emerging nowadays , Kamani eats regardless of her nutritional status. She is more used to food like rolls , patties , etc.

- I. Write 02 non-communicable diseases that Kamani can get from eating such fast food .
- II. Write 02 nutritional problems found in Sri Lanka .
- III. Write 03 factors affecting nutritional deficiency .

03. Oxygen is required for the process of food combustion in the cells. The side effect of food combustion is the production of carbon dioxide.

- I. Write the system and main organ that applies to the above description.
- II. Explain the process of inhalation and exhalation according to this system.
- III. (a) Write 02 possible diseases associated with this system .
- (b) Write 02 measures that can be taken to prevent those diseases .

04. Briefly write how you are working to overcome the following challenges.

- I. A friend was punished by the class teacher for violating the school's disciplinary rules. So, friend's brother planned to attack the teacher.
- II. With the prevailing strong wind conditions, a tree fell on the electric wires on the road and the electric wires had fallen to the ground, and an old woman was ready to remove the electric wire.
- III. Rahim is saddened by the fact that parents and teachers have blamed him for the weaknesses in his education because he has neglected his studies by always resorting to mobile phone.
- IV. Your teenage sister complains of acne on the face.
- V. During the time of Corona, the learning process was done through the internet, so he bothered his mother and bought a phone to prepare for it, but he got used to watching obscene movies. He often tells you about it.

05. Athletic games were introduced to Sri Lanka by the British, through theoretical and practical knowledge of the athletic games, a person can succeed in his daily life.

- I. Classify the field events in the athletics classification.
- II. Mention the 02 boot methods used for starting races and write the commands used for those boot methods.
- III. Write 03 techniques for long jump which is a field event . Write the 04 wake used for that .

06. To improve a person's daily health condition as well as to live a healthy life.

- I. Write 03 fitness factors related to health .
- II. Write 04 activities that can be done to develop cardiorespiratory endurance .
- III. What is mental stress? Write three factors or situations that cause stress?

07. Answer only one of the following questions.

A. You are asked to practice under 16 volleyball team in your school.

- I. Write 03 skills of volleyball that you will explain to the students .
- II. Write 2 activities they can do to practice the attack .
- III. (a) Explain joint deterrence which is the focus of deterrence as per rules .

(b) Write the 03 rules of volleyball .

B. If you are asked to practice under 16 netball team in your school,

- I. Write 03 netball skills that you explain to them .
- II. Write 02 activities that can be done to practice drilling skill .
- III. (a) Draw a model sports court and draw the areas that netball player can move,
(b) Write 03 rules of netball game .

C. If you are asked to practice under 16 football team in your school,

- I. Write 03 sports skills of football.
- II. Write 02 possible activities to practice stopping the ball .
- III. (a) Write 02 serious fouls in football .
(b) Write 03 rules of football .



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